



# Super Easy, Super Food Recipes

Safety, Health, & Wellness Day 2013



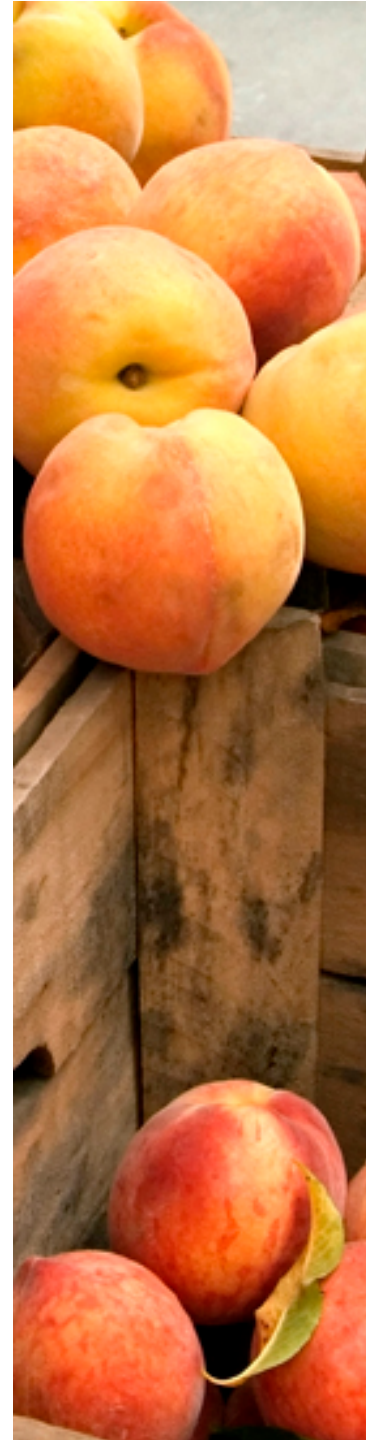
# grilled summer fruit kebabs

Ingredients	4 servings	6 servings	8 servings
yogurt dipping sauce	½ cup	¾ cup	1 cup
plums, fresh	2 each	3 each	4 each
peach, fresh	1 each	1-1/2 each	2 each
apricots, fresh	2 each	3 each	4 each

## Steps:

- 1) Prepare yogurt dipping sauce according to recipe.  
Refrigerate until ready to use
- 2) Soak 40- 6" skewers for at least 10 minutes before grilling
- 3) Peel, pit, and quarter plums & apricots
- 4) Peel pit, and cut peaches into eighths
- 5) Heat the grill to medium-high heat
- 6) Thread one piece of each fruit lengthwise onto the skewer
- 7) Grill skewers 2-3 minutes per side, turning carefully

Portion: 2 skewers & 2 tbsp. dipping sauce



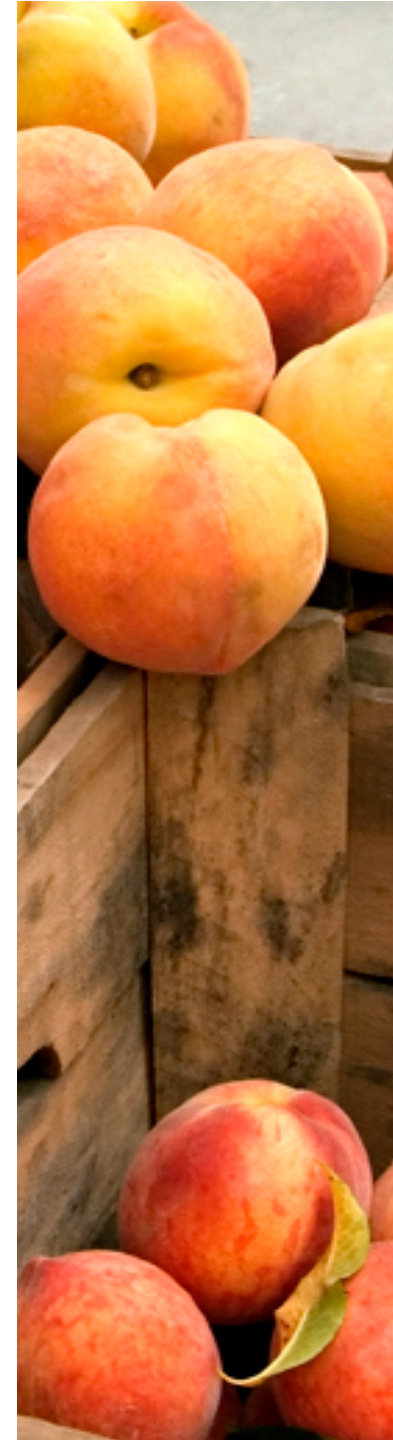
# yogurt dipping sauce

Ingredients	2 servings	3 servings	4 servings
vanilla yogurt, low fat	1/3c, 2-½ tsp	1/2c, 1T, ¾ tsp	3/4c, 1 tsp
honey	1T, ¾ tsp	1T, 2- ½ tsp	2T, 1- ½ tsp
orange juice	1- ¾ tsp	2- ¾ tsp	1T, ¾ tsp

## Steps:

- 1) Combine all ingredients
- 2) Stir
- 3) Chill

Portion: 2 fluid ounces



# marinated grilled apples with mint

Ingredients	4 servings	6 servings	8 servings
orange juice	½ c, 2T, 1- ½ tsp	¾ c, 3T, 2- ¼ tsp	1- ¼ c, 1T
mint, fresh chopped	1T	1T, 1- ½ tsp	2T
honey	2T	3T	¼ c
vanilla extract	1 tsp	1- ½ tsp	2 tsp
ground ginger	½ tsp	¾ tsp	1 tsp
ground black pepper	¼ tsp	½ tsp	½ tsp
fresh apples, sliced	4 each	6 each	8 each
cooking spray	3 sprays	4- ½ sprays	6 sprays



# marinated grilled apples with mint

## Steps:

- 1) Combine orange juice, mint, honey, vanilla, ginger, and pepper in a large zip-top plastic bag or pan for marinating.
- 2) Add apple slices; seal or cover & marinate in the refrigerator for 1-2 hours, turning occasionally.
- 3) Prepare grill. Remove apples from bag, reserve marinade. Place apples slices on grill rack coated with cooking spray.
- 4) Grill 3 minutes on each side, turning and basting frequently with marinade.
- 5) Drizzle with any remaining marinade, and serve warm.

Portion size: 4 slices (1 apple)





# apple farro salad with chicken



Ingredients	2 servings	3 servings	4 servings
<u>Step 1:</u>			
Farro grain, dry	4 oz	6 oz	8 oz
Boiling water	2/3 cup	1 cup	1- 1/3 cup
<u>Step 2:</u>			
Chicken breast, boneless, skinless	3 oz	4- ½ oz	6 oz
Olive oil	½ tsp	¾ tsp	1 tsp
Kosher salt	1/8 tsp	1/8 tsp	1/8 tsp
Ground black pepper	Scant 1/8 tsp	Scant 1/8 tsp	Scant 1/8 tsp

## Step 1:

- 1) Cook farro in boiling water until tender, about 20 minutes. Drain & cool; place in bowl.

## Step 2:

- 1) Mix oil with salt & pepper and rub on raw chicken. Grill until cooked through, 160°F, chill and dice. Place in bowl with cooked farro.

# apple farro salad with chicken



Ingredients	2 servings	3 servings	4 servings
<u>Step 3:</u>			
Seedless cucumbers	1- ½ oz	3- ¾ oz	5 oz
Granny smith apples, diced	2 oz	3 oz	4 oz
Gala apples, diced	2 oz	3 oz	4 oz
Parsley, fresh, chopped	¼ cup	1/3 cup, 2 tsp	½ cup
Basil, fresh, chopped	¼ cup	1/3 cup, 2 tsp	½ cup
Kosher salt	1/8 tsp	¼ tsp	¼ tsp
Ground black pepper	1/8 tsp	1/8 tsp	1/8 tsp
Extra Virgin Olive Oil	1T	1T, 1- ½ tsp	2T
Balsamic vinegar	1- ½ tsp	2- ¼ tsp	1T

## Step 3:

- 1) Dice unpeeled cucumbers, granny smith, and gala apples. Combine all ingredients in the bowl and mix thoroughly. Refrigerate any extra.

Portion Size: 1- ½ cups (8 ounces)

# berry, mango, & avocado salad

Ingredients	4 servings	6 servings	8 servings
Red wine vinegar	1T, 1 tsp	2T	2T, 2 tsp
Ground black pepper	<1/8 tsp	1/8 tsp	1/8 tsp
Fresh raspberries	½ cup	¾ cup	1 cup
Olive oil	1T, 1 tsp	2T	2T, 2 tsp
Garlic clove, chopped	¼ clove	½ clove	¾ clove
Kosher salt	1/8 tsp	1/8 tsp	1/8 tsp
Mango, peeled & diced	2/3 cup	1 cup	1- 1/3 cup
Avocado, ¼" diced	1/3 cup	½ cup	2/3 cup
Red onions, each slice	1- ¾ each	2- ½ each	3- ¼ each
Fresh blueberries	2T, 2 tsp	¼ cup	1/3 cup
Strawberries, sliced	2T, 2 tsp	¼ cup	1/3 cup
Spring mix lettuce	6 oz	9 oz	12 oz
Toasted almonds, sliced	1T, 1 tsp	2T	2T, 2 tsp





# berry, mango, & avocado salad

## Steps:

- 1) Puree 1/3 of the raspberries, oil, vinegar, garlic, salt, & pepper in a blender until combined.
- 2) Combine the greens, mango, avocado, and onion in a large bowl.
- 3) Pour the dressing on top and gently toss to coat.
- 4) Divide the salad among salad plates.
- 5) Top with blueberries, strawberries, and remaining raspberries and sprinkle with almonds.

Portion: 10 ounces



# avocado- cilantro spread

Ingredients	4 servings	6 servings	8 servings
Avocado	$\frac{3}{4}$ each	1 each	1- $\frac{1}{4}$ each
Goat cheese	$\frac{1}{2}$ oz	$\frac{3}{4}$ oz	1 oz
Shallots, peeled, minced	$\frac{1}{8}$ tsp	$\frac{1}{4}$ tsp	$\frac{1}{4}$ tsp
Cilantro, fresh chopped	2- $\frac{1}{2}$ tsp	1 T, $\frac{3}{4}$ tsp	1 T, 2 tsp
Ground black pepper	$\frac{1}{8}$ tsp	$\frac{1}{8}$ tsp	$\frac{1}{8}$ tsp
Kosher salt	$\frac{1}{8}$ tsp	$\frac{1}{8}$ tsp	$\frac{1}{8}$ tsp
Cayenne pepper	< $\frac{1}{8}$ tsp	< $\frac{1}{8}$ tsp	< $\frac{1}{8}$ tsp
Lime juice, fresh	1- $\frac{1}{2}$ tsp	2- $\frac{1}{4}$ tsp	1T

## Steps:

- 1) Combine avocado with goat cheese and mix until well blended.
- 2) Add remaining ingredients and mix well.
- 3) Cover with plastic wrap so that the wrap is touching the avocado mixture.
- 4) Refrigerate for 1 hour to let flavors blend. Garnish with fresh lime slices and a spring of cilantro if desired.

Portion size: 2 Tablespoons



# marinated fresh berries

Ingredients	4 servings	6 servings	8 servings
Superfine granulated sugar	1- ½ tsp	2- ¼ tsp	1 T
Lemon peel, grated fine	½ tsp	¾ tsp	1 tsp
Lemon juice, fresh	½ lemon	¾ lemon	1 lemon
Lime juice, fresh	½ lime	¾ lime	1 lime
Water	½ cup	¾ cup	1 cup
Pure vanilla extract	1/8 tsp	¼ tsp	¼ tsp
Fresh blueberries	4 oz	6 oz	8 oz
Strawberries, halved	4 oz	6 oz	8 oz
Fresh raspberries	4 oz	6 oz	8 oz
Lime peel, grated	½ tsp	¾ tsp	1 tsp

## Steps:

- 1) In a saucepan, combine the sugar, water, the zest, and juices of both the lime and lemon, and the vanilla. Simmer gently for 5 minutes or until the sugar is dissolved and the liquid looks syrupy.
- 2) Add the washed and cut fruit. Marinate for 30 minutes, chill and serve.

Portion: ½ cup



# cinnamon grilled pineapple

Ingredients	4 servings	6 servings	8 servings
Pineapple, fresh	1 pound	1- ½ pounds	2 pounds
Ground cinnamon	2 tsp	1 T	1T, 1 tsp
Light brown sugar	2T	3T	¼ cup

## Steps:

- 1) Prepare the fresh pineapple by cutting off the outside skin, being careful not to leave any green husk.
- 2) Cut the pineapple in half and in quarters. Remove the center core
- 3) Cut the quarters into wedges.
- 4) In a large bowl, toss pineapple with cinnamon and sugar.
- 5) Grill each piece of pineapple until caramelized (gold brown).

Portion: 4 ounces

